



# Maya's Delicious Vegetarian Little Lasagnas

**Makes:** 8 Servings

"I first made this recipe yesterday," says Maya. "I was inspired by my family because we all love vegetables, but different vegetables. I decided to make little lasagnas so we could all choose our own vegetables to put in it. I put fruit and salad on the side because of ChooseMyPlate.gov!"

## Ingredients

**1/2 pound** lasagna noodles

**1 tablespoon** olive oil

**2 cups** chopped vegetables, such as onions, zucchini, carrots, and peas




**1/2 cup** grated Parmesan cheese

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>337</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	2 g
Cholesterol	43 mg
<b>Sodium</b>	<b>471 mg</b>
<b>Total Carbohydrate</b>	<b>43 g</b>
Dietary Fiber	5 g
Total Sugars	11 g
Added Sugars included	7 g
<b>Protein</b>	<b>24 g</b>
Vitamin D	0 mcg
Calcium	325 mg
Iron	3 mg
Potassium	554 mg

N/A - data is not available

## MyPlate Food Groups

	Vegetables	3/4 cup
	Grains	1 1/2 ounces
	Dairy	1 cup

**2 cups** low-fat cottage cheese

**1** large egg, whisked well

**1 teaspoon** pepper

**3 cups** tomato sauce

**1 cup** shredded low-fat mozzarella cheese

## Directions

1. **Preheat the oven to 350°F.** Fill a large pasta pot with water and bring to a boil over medium-high heat. Add the noodles and cook about 8 minutes, or until al dente. Drain the noodles and let cool.
2. **Meanwhile, in a large sauté pan,** heat the olive oil over medium heat. Add the vegetables and sauté for about 6 minutes, or until soft and lightly golden.
3. **In a large bowl,** combine  $\frac{1}{4}$  cup of the Parmesan cheese with the cottage cheese, egg, and pepper.
4. **Cover the bottom of a muffin tin** or individual baking dishes with a small amount of tomato sauce. Cut the noodles to size and place 1 noodle in each cup/dish. Begin layering with vegetables, sauce, the cottage cheese mixture, and then another noodle, veggies, sauce, the cottage cheese mixture, any remaining Parmesan, and the mozzarella cheese. Bake for 30 minutes, or until the cheese is bubbling and brown. Remove from the oven and let sit for 10 minutes. Carefully loosen sides with a knife and remove gently. Serve with salad and fruit. Enjoy and stay healthy!

## Notes

State: Vermont

Child's Name: Maya Elliot, 10

**Source:** The 2015 Healthy Lunchtime Challenge Cookbook